

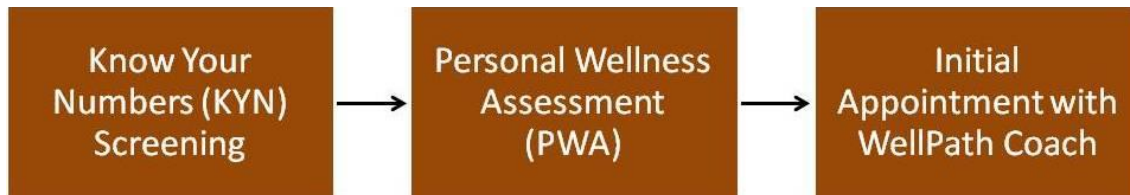


WellPath

Exercise/Fitness Participation:

SRPMIC offers employees many opportunities for physical activity from the availability of fitness centers to WellPath endorsed events. Exercise is a key strategy for you in pursuit of optimal health and wellness. WellPath helps to create a workplace culture which encourages employees to be regularly active and supports employees seeking to improve their activity levels &/or fitness level. To this end WellPath provides incentives to WellPath participants for their Exercise/Fitness Participation (EFP).

WellPath participants are those employees who complete the following, three steps:



If you have any questions about becoming a WellPath participant or your current status please contact WELLNESS@srpmic-nsn.gov.

If you are a WellPath participant and would like to earn an EFP incentive you must:

- 1) Meet with a WellPath coach
 - a. Review exercise program
 - b. Determine how to log regular activity or on a pre/post-test measure of fitness
- 2) Comply with the exercise program for **6 consecutive months**:
 - a. Frequency: 3 exercise sessions/week minimum
 - b. Intensity: an exercise intensity which improves or maintains current level of fitness (WellPath coach will help you define and measure exercise intensity)
 - c. Duration: 20 minutes minimum/session

To get started on your EFP please contact WELLNESS@srpmicOnsn.gov.